



The Millis Council on Aging **COA**lition



December 2023 HAPPENINGS!

MILLIS COUNCIL ON AGING

PHONE:
(508) 376-7051

HOURS
Monday-Tuesday-Wednesday
8:30 AM—4:00 PM
Thursday
8:30 AM—2:00 PM
Friday 8:30 AM—12:30 PM

**Veterans Memorial Building
Lower Level
900 Main Street
Millis, MA 02054**

The Millis Council on Aging (COA) is committed to maintaining the highest level of independence for older adults by providing opportunities for socialization, and educating on and improving the overall understanding of various community-based services. The COA also provides transportation for seniors and persons with disabilities, hosts the local HESSCO Meals on Wheels program, offers referrals and information, and provides application assistance for the Fuel Assistance Program, SNAP, the Millis Fund and various other federal, state and local assistance programs.

Holiday Greetings!

Warm holiday greetings from all of us at the Millis Council on Aging!

I am pleased to share that our team is now complete. We welcomed Lisa Kirby in November as the new Coordinator for Senior Services/Outreach. She comes to us with many years of experience in other municipal services and has a desire to share her skills with us and to learn more about the workings of our Council on Aging. She looks forward to meeting you. Welcome Lisa! If you have an issue for which Lisa may be of assistance, please call to schedule an appointment.

The December calendar is full of programs to help keep spirits bright including ornament painting, cookie decorating, and a festive holiday party hosted by the Millis Fire and Police Departments. You won't want to miss it! Our own Lenny Forman will be returning with his music and music trivia program at the end of the month, and the Norfolk County Sheriff's Department will make a visit to discuss their important safety programs for seniors. State Representative James Arena DeRosa will be holding office hours on December 5, and the ever-popular Pizza and Prevention program continues on December 18. We hope to see you!

We wish to express our sincere thanks to HESSCO's longstanding kitchen manager, Kathy O'Neil, who retired last month after more than 13 years of service to our Millis residents. Congratulations to Kathy as she begins her next chapter! Her kindness, generosity, and warm smile for all of the Center's visitors will be missed!

On behalf of all of us at the Senior Center, happy holidays!

Anne-Marie Gagnon & Staff

Anne-Marie Gagnon, Director
Email: agagnon@millisma.gov

UPCOMING EVENTS

COFFEE WITH THE DIRECTOR



Join the new Millis Council on Aging Director, Anne-Marie Gagnon, for coffee and conversation. She will be joined by Robert Weiss, Millis Economic Development and Energy Manager about the eMPower Electricity Aggregation Program you received in the mail.

Monday, December 4

Time: 10:00 AM

OFFICE HOURS with STATE REP James Arena DeRosa

Drop in and bring your issues to discuss.

Tuesday, December 5

Time: 11:00 AM—12:30 PM

TUESDAY AFTERNOON MOVIE at 1:00 PM

December 5: "Holiday Affair" with Robert Mitchum, Janet Leigh (1949)
Light snacks offered, or bring your own lunch.

LAST DAY MEDICARE OPEN ENROLLMENT 12/7 (pg. 6)

HOLIDAY ORNAMENT PAINTING with Joyce Boiardi

Paint and decorate flat, ceramic ornaments. All supplies provided. Ornaments will be sent out to be fired and returned.

Thursday, December 7

Time: 12:30 PM-2:30 PM

Cost: \$5 each ornament (limit 2)

Pre-register by calling the Senior Center by Monday, 12/4

Please make checks payable to Friends of the Millis COA

EXPLORE THE POLAR REGIONS with Susan Steele

Join Susan Steele as she helps us delve into the history, culture, science and wildlife of the ice-bound worlds of the Arctic and Antarctic. This series is an exciting combination of travelogue, science class and history lesson.

Wednesdays: December 6, 13, & January 3, 10, 17, 24, 31

Time: 11:00 AM-12:15 PM

COOKIE DECORATING

Bring your sweet tooth and creativity to this fun afternoon. Sugar cookies, frostings and toppings will be provided. Bring your take-home container.

Tuesday, December 12

Time: 1:00 PM-3:00 PM

Cost: \$2, priority to Millis residents

Pre-register by calling the Senior Center by Dec. 6

MUSIC MONDAY

Lenny Forman returns with fun music and music trivia.

Monday, December 18 at 1:00 PM

Pre-register by calling the Senior Center

LEARN ABOUT THE PROGRAMS FOR SENIORS

provided by the Norfolk County Sheriff's Department



Many programs for seniors will be discussed including File of Life, Yellow Dot, and the "Are You Ok?" program which is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors.

Wednesday, December 13

Time: 12:30 PM

Pre-register by calling the Senior Center by December 8

PIZZA and PREVENTION

Hosted by the Millis Fire Department

Join us as the Millis Fire Department discusses all things fire prevention to keep you and your loved ones safe at home. Pizza will be served. Free.

Monday, December 18 and January 29

Time: 11:00 AM

Pre-register by calling the Senior Center by December 12

HOLIDAY PARTY! Pre-register!



Hosted by the Millis Fire and Police Departments, join us in celebrating the season with some holiday fun, festive music, and a delicious Italian lunch of lasagna, pasta, meatballs, salad, and dessert.

Tuesday, December 19, Millis residents only; Event is free

Time: 11:30 AM-2:00 PM in the Gym

**Pre-register by calling the Senior Center by December 12
(508) 376-7051**

GAMES & BINGO

RUMMIKUB

Every Monday, 1:00 PM-3:00 PM

GAMES GROUP Let's play some Board Games!
3rd Monday of Each Month, 1:00 PM-3:00 PM

CRIBBAGE



Let's play cribbage! Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM.** Instructors are available either day.

SUPER BINGO EVERY THURSDAY!



Held on **Thursdays at 12:15 PM** in room 21. The last pot is worth \$25. **Come and try your luck!** Thank you Friends Group for supporting this!

WAYS TO KEEP FIT

TAI CHI with Tony Berg



Focusing primarily on the therapeutic aspects of Tai Chi, and the martial art/self-defense and performance aspects secondary, this class will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi.

Tuesdays at 9:00 AM in the Gym

Cost: \$3 per class.

SEATED STRENGTH and BALANCE with Pearl Pressman



This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet individual needs. The class begins with a warm-up for both the joints and muscles, followed by strength training for all the major muscle groups of the body using hand weights and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Seated Strength and Balance - Instructor, Pearl Pressman AFAA Certified

Wednesdays at 2:00 PM in Room 18

Cost: \$3 per class.

STRETCH & FLOW YOGA with Holly Davenport



We practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat.

Fridays at 9:30 AM in Room 18

Cost: \$3 per class.

YMCA ENHANCE FITNESS with Chrissie

New Session Starts Jan. 8

\$125 for 16 weeks

Every Monday, Wednesday & Friday at 9AM in the Gym

YMCA ENHANCE FITNESS is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises. *Note: This course is \$125, payable to the Friends of the Millis COA and reimbursable by most insurance companies. The group had a fun Halloween class!*



PODIATRY VISITS

Pre-registration for appointments will be required. New clients: we will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500. Co-pays may apply.

Wednesday, January 3

Time: 9:00 AM-11:00 AM

Pre-register by calling the Senior Center

BLOOD PRESSURE CHECKS

Visit the Senior Center to have your blood pressure



checked by our volunteer nurse. Free.

Thursdays from 11-11:30 AM

MILLIS COA FITNESS ROOM

Bring a friend and check out our fitness room with treadmills, bikes, elliptical, and 7 piece hydraulic circuit training station at the Senior Center. Thanks to the Friends of the Millis COA, the annual fee for Millis residents is now only \$50, and \$100 for non-Millis participants. Call the Senior Center for more information.

WEEKLY GROUPS

CRAFTY LADIES

Tuesdays: December 5, 12, 19, 26

Time: 9:30 AM

NEEDLEWORKERS GROUP

Working on a needlework project but would like to do so with others who share your interest with some casual conversation? Bring your project. All are welcome.

Thursdays: December 7, 14, 21, 28

Time: 10:00 AM



Millis Fire Department presents

PIZZA & PREVENTION

Millis Senior Center

Nov. 29th Mar. 25th

Dec. 18th Apr. 29th

Jan. 29th May 20th

Feb. 26th June 17th

Select Mondays at 11am

Senior  SAFE



FOOD RESOURCES



Questions about Your Meal Delivery?
(508) 376-7056

NEW! THURSDAY BREAKFAST PROGRAM by HESSCO

At the Millis Senior Center, start your Thursday right with a delicious and nutritious breakfast.

Menu includes:

Yogurt, Fruit Crunch Bar, Snack-n-Loaf Fruity Muffin,
Chilled Fruit, Orange Juice and Milk.

Suggested donation of \$3 appreciated but not required.

THURSDAY GRAB-N-GO LUNCH at the Senior Center

Each Thursday from 11:15 AM–Noon, HESSCO offers a small packed cold Lunch at the Millis Senior Center. Items include: a sandwich, side, salad, dessert and water.

Week 1: Chicken Salad

Week 2: Turkey and Cheese

Week 3: Seafood Salad

Week 4: Ham and Cheese

Week 5: Tuna Salad.

Call (508) 376-7056 by Noon the Friday before and then stop by on Thursday to pick it up.

Suggested donation of \$3 appreciated but not required.

MEALS ON WHEELS



Managed by HESSCO Elder Services, hot noon-time meals are delivered to homebound seniors
Call HESSCO at (781) 784-4944 for information.

SEEKING MEALS ON WHEELS DRIVERS!

for Tuesdays and Thursdays
Contact HESSCO at (781) 784-4944

LOVIN' SPOONFULS at the SENIOR CENTER



The largest food rescue program in New England delivers healthy fresh, and frozen food to the Senior Center and it is **distributed every Tuesday at approximately 10:00 AM**. Any leftover food is distributed on **Thursdays at 11:30 AM**. Items are free.

LOVIN' SPOONFULS HOLIDAY WEEK CHANGES:

Christmas Week: Distributed Thursday, 12/28

New Year's Week: Distributed Thursday, 1/4

TRANSPORTATION

SENIOR VAN SCHEDULE FOR MILLIS RESIDENTS

Monday-Thursday 8AM-2PM & Friday 8AM-1PM

PLEASE CALL ROCHELLE: (508) 376-7051

Medical Appointments: We have 2 accessible vans and one standard sedan vehicle that provide transportation for our Millis seniors and those with disabilities.

Grocery Shopping: To Bellingham Market Basket and Walmart at 8AM. **See calendar for details.**

December 7 and December 21

January 4 and January 18

All passengers must manage their own grocery bags in and out of the van.

\$2 within Millis/Medfield

\$3 Medway/Bellingham/Milford/Franklin

\$5 Framingham/Norwood/Natick

\$10 Newton/Dedham/Wellesley

\$25 Boston

Suggested donations are waived for Veterans.

Please call about rates to other towns.

Please be aware that we cannot provide repetitive trips.

Medical appointments take priority over all trips.

MILLIS ECUMENICAL FOOD PANTRY



The Food Pantry is open to all Millis residents and is housed in the Church of Christ, 142 Exchange Street. The Food Pantry is open every Saturday from 10 AM-Noon and the first and third Wednesdays of each month from 10 AM-Noon. (508) 376-5034. The Senior Center van can provide a ride to the Food Pantry on the first and third Wednesdays. You must call the Senior Center in advance for a ride. Please note that drivers provide limited assistance with bags.

DAILY BREADS and BAGELS...DONUTS TOO!

Every Morning: Stop by the Senior Center in the



morning, enjoy a cup of coffee and see what we have received from our generous partners:

Country Kitchen, Shaw's, and Blue Moon. Items are just a day past, and are free. Each day is different and always delicious!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <i>December 2023</i> | | | | |
| <p>MILLIS COUNCIL ON AGING</p> <p>900 MAIN STREET Lower Level MILLIS, MA 02054</p> <p>(508) 376-7051</p> | <p>MEALS ON WHEELS QUESTIONS? HESSCO Kitchen</p> <p>(508) 376-7056</p> | <p><i>Happy Holidays!</i></p> | <p><i>Happy New Year!</i></p> <p><i>Make a resolution to visit the Senior Center!</i></p> | <p style="text-align: right;">1</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p style="text-align: right;">4</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 10:00 Coffee with Director 9:30 Cribbage 1-3 RUMMIKUB</p> | <p style="text-align: right;">5</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 11:00-12:30 Office Hours with State Rep Arena DeRosa 9:30-12 Crafty Ladies 1:00 Afternoon Movie</p> | <p style="text-align: right;">6</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength</p> | <p style="text-align: right;">7</p> <p>8:00 Market Basket Trip 9-2 Fitness Room 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo 12:30 Ornament Painting</p> | <p style="text-align: right;">8</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p style="text-align: right;">11</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Games Group</p> | <p style="text-align: right;">12</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 1:00 Cookie Decorating</p> | <p style="text-align: right;">13</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 12:30 Norfolk Cty Sheriff 1:00 Pond Ladies 2:00 Seated Strength</p> | <p style="text-align: right;">14</p> <p>9-2 Fitness Room 9:00 COA BOARD MEETING 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo</p> | <p style="text-align: right;">15</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p style="text-align: right;">18</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 11:00 Pizza & Prevention 1-3 RUMMIKUB 1:00 Music Monday</p> | <p style="text-align: right;">19</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 11:30 HOLIDAY PARTY!</p> | <p style="text-align: right;">20</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 10:00 FRIENDS MEETING 1:00 Pond Ladies 2:00 Seated Strength</p> | <p style="text-align: right;">21</p> <p>8:00 Market Basket Trip 9-2 Fitness Room 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11:00 Holiday Toys (pg. 6) 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo</p> | <p style="text-align: right;">22</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p style="text-align: right;">25</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;">MERRY CHRISTMAS!</p> | <p style="text-align: right;">26</p> <p>9-4 Fitness Room 9-10 Tai Chi with Tony NO LOVIN' SPOONFULS—MOVED to THURSDAY 9:30-12 Crafty Ladies</p> | <p style="text-align: right;">27</p> <p>9-4 Fitness Room 9:00 Enhance Fitness 1:00 Pond Ladies 2:00 Seated Strength</p> | <p style="text-align: right;">28</p> <p>9-2 Fitness Room 10:00 Lovin' Spoonfuls 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo</p> | <p style="text-align: right;">29</p> <p>9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |



Need a Holiday Gift for a Child?

On Thursday, December 21, 2023, in the morning, the Fire Department will deliver any remaining items they have from their Holiday Toy Drive to the Senior Center for seniors to choose for their own gift giving. Stop in that morning to see what might be available.

Where Can I Find a Newsletter?

Newsletters can be mailed to your home upon request, or picked up at the Senior Center, Library, and Town Hall. If you would like to receive it via email each month, please go to the Town website and E-subscribe for Senior Center newsletters.
www.millisma.gov/subscribe



MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7

NEWS ABOUT CLEAR SPRING HEALTH VALUE Rx

Clear Spring Health Value Rx is a part D drug plan. The plan was sanctioned by CMS in late October for continued low quality ratings. The contract will be terminated as of December 31, 2024. If you have this plan you should enroll in a different plan for 2024. If you need help with a new plan, contact the Senior Center and we will try to help, find an alternate plan.

SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers free counseling sessions on Medicare options at the Millis Senior Center by appointment.

Call the Millis Senior Center at **(508) 376-7051** for more information and to make an appointment to meet with Brian Murphy, our SHINE counselor.

THANK YOU! YOUR SUPPORT MAKES A DIFFERENCE



Many thanks to those who support our activities through voluntary dues and donations to the Friends of the Millis Council on Aging, and contributions to Candy's Corner.

~ ~ ~ ~ ~

~ Anonymous ~ Maureen & Adrian Webb ~ Judith Ackerman ~ Jayne Giudici ~ Philip & Patricia Divver ~ Maria Mannix ~ Carole & Kenneth McColl ~ Marsha Collins ~ Dorothy Iorio ~ Judith & Manuel Luciano ~ Janet Walsh ~ Rosemary Whitman ~ Arlene Smith ~ Susanne Locklin ~ Patrick McKenny ~ Elaine Donovan ~ Marianne

Bellefontaine ~ Judith & John Kosinski ~ Anna De Martinis ~ Virginia Flynn ~ William T. Maguire Jr. ~ David & Judith Pearl ~ Don & Janet Proctor ~ Kathleen Marden ~ Norman & Barbara Leblanc ~ Michele Palmer ~ Brian Murphy ~ Nancy Tate ~ Louise & Dennis Hall ~ Nancy & Wayne Vinton ~ Norman & Bette Martin ~ Julie Mock

A Donation in memory of **Paul McGann** was received from Philip & Patricia Divver; and Virginia Flynn & William T. Maguire Jr.

A Donation in memory of **Sylvia Riley** was received from Marsha Collins
A Donation in memory of **Barbara Tierney** was received from Kathleen Marden



Follow us on Facebook
www.facebook.com/milliscouncilonaging



Find us on the Town website:
www.millisma.gov/council-aging



In Memory

~ Sean P. Driscoll ~ Daniel McBride ~

~ John F. Thurston ~ Karen E. Philips ~

This newsletter is brought to you by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the Millis Council on Aging.

ASSISTANCE—We Can Help!

Call Lisa at the Senior Center
(508) 376-7051

- Fuel Assistance (LIHEAP)
- SNAP (Food Stamps)
- Housing Applications
- SHINE Counseling about Medicare
- Durable Medical Equipment
(Walkers, Shower Chairs, Canes, Commodes)
- Referrals to MassHealth and Legal Resources
- Referrals to HESSCO Elder Services & Other Providers
- Emergency Assistance Applications to The Millis Fund



LISA KIRBY
Coordinator,
Senior Services/
Outreach
Millis COA
lkirby@millisma.gov

MILLIS MEMORY CAFE

 The Millis Public Library hosts our local Memory Café, a welcoming place for individuals and families living with memory changes. Each café features a guest musician or artist, conversation, and refreshments. Call the library at (508) 376-8282 for more information.

Dates: Monday, December 18

Time: 10:30 AM—Noon at the Library

CANDY'S CORNER UPDATE

Thank You  Thank you to everyone who donates small decorative items, greeting cards, costume jewelry and other trinkets to our Candy's Corner shop. Funds received from purchases are directed to the Friends of the Millis Council on Aging who then help to make possible many of the programs and exercise classes at the Senior Center. Thank you also to our volunteers who maintain the space!

for your Kindness We are currently accepting only small items in nearly-new condition. You may drop them at the front desk with the receptionist. Thank you!

Thank You to Everyone who Made the Harvest Celebration a Success!



Why should I donate to the Friends of the COA?

- ◆ The purpose of The Friends of the Millis COA, Inc. is to help raise funds for the Senior Center by purchasing and donating items or providing for program expenses above and beyond what the town or the Commonwealth provides.
- ◆ All money raised is used for senior programs and activities for the well-being of our senior citizens and to help enrich their community interest.
- ◆ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ◆ It's only \$6.00/year! Your donation goes a long way in supporting our Senior Community. Thank you!

SUGGESTED DUES \$6/INDIVIDUAL PER YEAR

Please make your check payable to the Friends of the Millis COA, 900 Main Street, Millis, MA 02054

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. *All donations are tax deductible.

Name: _____

Address: _____

In addition, your Tax Deductible Gift to the Friends of the Millis COA Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: *In Memory Of: In Honor Of: In Celebration Of:*

Millis Council on Aging
www.millisma.gov/council-aging
(508) 376-7051

Millis Council on Aging
900 Main Street
Millis, MA 02054

RETURN SERVICE REQUESTED

US POSTAGE
PAID
NON-PROFIT
Millis, MA
PERMIT NO. 17

COUNCIL ON AGING STAFF

Director: Anne-Marie Gagnon, MSW
Senior Services/Outreach Coordinator: Lisa Kirby
Reception/Dispatch: Rochelle Bunt
Department Assistant: Andrew Lizardi
Drivers: Robert Daly Herbert Lannon, Jr.
Richard Posklensky Jack McBrien

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Vice Chair: Herbert Lannon, Jr.
Secretary/Treasurer: Elizabeth Derwin
HESSCO Representative: Elizabeth Derwin
Member: Joyce Boiardi
Member: William Brown
Member: Helen Daly
Member: Carol Maloof

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Vice President: Wayne Carlson
Secretary: Kristi Christman
Treasurer: Brooks Corl
Members: Ruth Doliner, Lenny Forman
Carole Greco, Helen Humphrey, Ed Koman